

A 'less drugs (or) no alcohol' method



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A QUESTIONNAIRE BASED STUDY ON THE AWARENESS OF PARACUSIA
AMONG SOUTH INDIAN POPULATION Type of manuscript : Survey

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comTelephone : +91 8939360922 ABSTRACT AIM The aim is to create
awareness about paracusia among South Indian population. MATERIALS AND
METHODSA group of people who experiences Paracusia were selected and
examined with the questionnaire prepared. The information collected
through the survey is analysed and presented in statistics. RESULTSPeople
who live in there own world of sorrows and depression often forget the real
world, and fascinate things happening around as real or illusion.

They get isolated themselves, they'll start feeling more secured in there
solitude, trying to off the real world literally and start living on there own
imaginations. Yet when it comes as real life to the society around, that is not
our kind of living to Hallucinate every time and forget the world around. And
it is unhealthiest work to stay depressed every time. CONCLUSION All the
data's were analysed and presented in statistics. Hence, the person who
consume drinks should follow this ' less drugs (or) no alcohol' method to
minimise there hallucination. And for a normal person, less stress, healthier
lifestyle, good friends around and self control can make them forget auditory

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hallucination is nothing but just a disease
KEYWORDS Auditory Hallucination, Loneliness, Depression, Anxiety, Self-Monitoring, Stress, Day dreaming.
INTRODUCTION When you hear something which is not actually around, it can really throw you aback. Which in medical terms we call it as Paracusia, so called Auditory hallucination.

Auditory hallucination is a psychiatric and mental disorder which sets in around the age of 21 1. In other words auditory hallucination is also experienced by the people who don't have a psychiatric history 2. Auditory hallucinations are of different types, which includes : Musical Ear syndrome and Head syndrome 3. Musical Ear Syndrome : In this the patient hear one (or) more musical songs and tones continuously in his/her mind. This condition can also develop due to lesions in the brain stem, sleep disorders, epileptic activity and encephalitis 4. Head Syndrome : In this the patient hears loud imaginary explosive noises like Gunshot, bomb exploding, etc (or) experiences a explosive feeling when falling asleep (or) waking up 567. Paracusia is commonly experienced by the people who undergoes depression, stress, mental illness and anxiety.

Parkinson's disease (or) Alzheimer's disease, epilepsy, psychosis may trigger auditory hallucinations 8. These causes can also includes terminal illness like: AIDS, brain cancer, kidney (or) liver failure. Auditory hallucination also leads to Schizophrenia, which is also called Bipolar disorder 9.

An interesting fact about Paracusia is, People who are addicted to caffeine are also said to experience Auditory Hallucination. A study conducted by the La Trobe University School of Psychological Sciences revealed that, Five cups

of coffee per day could trigger the phenomenon of Paracusia 10. It is interesting that people who are born deaf and later go on to develop schizophrenia can also experiences hearing voices. The aim is to create awareness about paracusia among South Indian population. MATERIALS AND METHODS This was an online survey undertaken by using the link <https://surveyplanet.com/>This survey was taken by about 114 participants, who are experiencing Paracusia in there everyday basis. RESULTS AND DISCUSSION QUESTIONSRESPONSESNUMBERPERCENTAGE1. How many voices do you hear ? OneMore than oneOther29701425.

7%61. 9%12. 4%2. Are the voices are identifiable? Yes No704262. 5%37.

5%3. Do you feel scared ? AlwaysSometimesNever26642223. 2%19.

6%57. 1%4. Tone of the voice ? SoftLoud664460%40%5. How often do you hear these voices ? EverydayOnce in a weekVery rarelyOther184542716. 1%40. 2%37. 5%6.

3%6. Are you taking any medicines? YesNo387566. 4%33. 6%7. Do you reply back to the voice? YesNo417036. 9%63.

1%8. When did you first noticed this ? Long backRecentlyOthers4162936. 6%55.

7%8%9. Do you share this with anyone ? YesNoOther3174827. 4%65. 5%7. 1%10.

Have you experienced visually anything along with the voice ?

YesNoOther4265537. 5%58%4. 5%11. Do you think that you have any special ability or power ? YesNo545947. 8%52. 2%12.

Are people paying special attention to you ? YesNo377632. 7%67. 3%13. Do you wanted to hear the voice again or you wanted to be free from the voice?

Yes, I enjoy talking to the voiceNo, I wanted to get rid of the voice436632.

4%60. 6%14. In which situation you hear the voice often? When I'm aloneWhen people are around773270.

6%29. 4%15. Gender of the voice ? MaleFemale444947.

3%52. 7%One hundred and fourteen participants who have experienced Paracusia were examined for the survey. Out of which 77 people experiences auditory hallucination when they are alone rather than with some group of people.

And about 32 out of 114 participants experiences it, likely when they are surrounded by some people. From this it is noted that, Paracusia are probably adventured by individuals who undergo intense stress, sleep deprivation, drug use, and errors in development of proper psychological processes 11. 74 people out of 114 don't share there Paracusia experiences with anyone.

From this it is noted that, Paracusia are majorly undergone by loners who has less number of friends and a poor family circle (or) by people who carry a problem with there self - disclosure 12. When we examine the situations how often people do hear talking voices, it is noted that, majority of the

participants experiences Paracusia at least once in a week. And next to it, it is noted that many experiences it very rarely and some hear the voices everyday. And frequently people hallucinate in there negative moods connected with depression, anxiety, aggression, poor self-esteem, and physiological stress 1314. So as a statistical analysis, it is recorded that condition for every individual varies as per there emotional state and state of mind (or) feelings. There are two divergent events noted in this survey, firstly it is the tone of the voice.

Probably when it comes as any ethics related to physiological disorders, they are quite often not accepted by the general population. In it when it came as Paracusia, the rest than people who are undergoing auditory hallucination did not even took efforts to think what is it. Because according to the common people's perspective, those are dishonest stories and unreal. Though they believe the disorder themselves, they imagine them to be terrific, scary, and fearsome. So when it is examined about the tone of the voices to the participants, 60% of the individuals selected the tone to be Soft, which is unlike everyone's imagination. And the rest 40% of the participants selected the voice to be loud.

And the second surprising event noted is, about 62. 5% of the people who are hearing the voices are repeatedly listening to the voice which are identifiable by them. Which means that, the voices must be familiar and dear to the participants (or) it may be the voices of there close friends and family whom they miss due to isolation (or) they might be dead 15.

About 64 participants out of 114, are experiencing Auditory hallucination in two different genre as they are scared of the voices and at the same time they also enjoy hearing it. And 26 participants are literally scared of the voices they hear and the other 22 prefer talking to the voices. From this it is noted that, majority are confused with there own feeling. From this it is noted that, majority are confused with there feeling themselves. Because it might be so new to them, they might felt scary, at the same time it might be new to them.

So they wanted to hear the voice back again but they are also fearful as it is completely different from a normal human behaviour. When the current study is compared with the review of Kenneth Hugdahl, " Auditory hallucinations: A review of the ERC " VOICE" project ", it is noted that, the past studies view on voices from the outside part of the brain coincides with the current study were the result of 50% were recorded to have 16. And when the current survey is compared with the study Mohammed El Haj's, " Hallucinations, loneliness, and social isolation in Alzheimer's disease," it is noted that about majority of the people experiences paracusia more because of social isolation and loneliness, which co relates about 75% of the current study 17 . Viewed from the standpoint, people who experiences paracusia often they don't reply back to the voices they listen to, but according to the study of Rosa Maria Rodrigues dos Santos, Tanit Ganz Sanchez, ..., and Mara Cristina Souza de Lucia's , " Auditory hallucinations in tinnitus patients: Emotional relationships and depression," it is proved to be different from the survey of mine 18.

CONCLUSION From the survey it is noted that, about 66 people out of 114 wanted to get rid of the voice as they might be scary (or) this may be new to them. And about 43 people enjoy hearing to the talking voices and they don't wanted to stop hallucinating. Yet when it comes as real life to the society around, that is not our kind of living to Hallucinate every time and forget the world. And it practically won't work to stay depressed every time 19 20. So the person has to start surrounding himself with trustworthy people and come up taking some preventive methods to stop the person from hallucinating. Apparently there are no permanent cure for this disorder, but proceeding with steps to prevent auditory hallucination are one of the main tool for a happier living 21.

Hence, the person who consume drinks should follow this ' less drugs (or) no alcohol' method to minimise there hallucination. And for a normal person, less stress, healthier lifestyle, good friends around and self control can make them forget auditory hallucination is nothing but just a disease. REFERENCE 1. Yuhas, Daisy.

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